

SCHOOL POLICY: **HYDROTHERAPY POOLS – SCHOOL USE**
PUBLISHED: 2005
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RELATED DOCUMENTS: *First Aid*
 ACT Public Swimming & Spa Pools Code of Practice - ACT Health

1. **PURPOSE**

This policy outlines the minimum requirements to be observed by schools in the use of hydrotherapy pools by students with disabilities and for other therapeutic purposes.

2. **POLICY STATEMENTS**

- 2.1 Hydrotherapy pools are to be used by students with disabilities and for other therapeutic purposes.
- 2.2 Schools may hire pools to ACT government organisations, community organisations and individuals on a discretionary basis
- 2.3 Hydrotherapy pools are to be used in accordance with the ACT Health *ACT Swimming and Spa Pools*, Code of Practice (see <http://www.health.act.gov.au/publications/index.html#S>).

3. **DEFINITION**

- 3.1 ***Hydrotherapy Pool or Pool:*** a heated pool specifically designed for the use of people having severe and multiple disabilities and for other therapeutic purposes. The recommended temperature for a hydrotherapy pool is 34 degrees Celsius.

4. **PROCEDURES**

4.1 **PRECAUTIONS IN THE USE OF POOLS**

Students having the following medical conditions must be excluded from using hydrotherapy pools:

- hypertension
 - compromised cardiac function
 - respiratory conditions
 - multiple sclerosis.
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4.2 **CONTRA-INDICATIONS**

Students having the following conditions must be excluded from using hydrotherapy pools:

- open wounds
- infections ie, urinary, skin, eye and ear
- skin conditions ie, tinea, rashes
- recent radiotherapy.

Where there is doubt about any of the above, written medical advice from a doctor should be provided to the school.

4.3 **PROHIBITED USE OF POOLS**

Hydrotherapy pools are not to be used:

- for the primary purpose of teaching personal self care
- by students who are totally dependent, until their medical status has been clarified.

4.4 **RESPONSIBILITIES**

- Schools are responsible for:
- the management, maintenance and administration of pool facilities
- ensuring that the school uses the pool only for students with disabilities and for other therapeutic purposes
- ensuring pools hired to individuals, community organisations and ACT Government organisations are used only for people with a disability, those rehabilitating after surgery and those who would benefit from the therapeutic properties of a hydrotherapy pool.

4.5 **HIRING OUT POOLS**

Schools may hire out pools according to Directorate Guidelines for the hiring of facilities.

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4.6 **HYGIENE AND INFECTION CONTROL PROCEDURES**

The hygiene and infection control procedures relating to hydrotherapy pools are contained in Attachment A, *Pool Rules for Schools*.

4.7 **SAFETY (also section 5, Emergency Arrangements)**

- 4.7.1 For safety reasons students are not permitted to use the pool without staff supervision.
- 4.7.2 Student/staff ratio shall be a minimum of two staff members, one of whom is a teacher, supervising a maximum of 10 students. At least one staff member should have first aid qualifications and be competent in cardio-pulmonary resuscitation (CPR).
- 4.7.3 The maximum time that any person may stay in a pool is 30 minutes.
- 4.7.4 A first aid kit must be mounted on a wall within the pool area and clearly identified by a sign indicating "First Aid Kit".
- 4.7.5 A copy of the Pool Rules together with standard safety signs must be displayed in prominent positions within pool areas.
- 4.7.6 When pools are out of service for any reason, a sign stating "Out of Service" must be displayed outside the main entrance to the pool area.
- 4.7.7 A recognised Resuscitation Chart must be displayed immediately adjacent to the first aid kit in the pool area.
- 4.7.8 Safe Lifting-Student Handling procedures are to be observed for the safe handling of students and execution of student transfers and lifts, as set out in Attachment B.
- 4.7.9 Where a hoist is provided:
 - two persons are required to operate a hoist
 - at least one of those people must have been instructed in its operating procedures.

5. **EMERGENCY ARRANGEMENTS**

5.1 Hydrotherapy pool areas must have:

- an external telephone line
- access to a school intercom system.

These services must be located next to each other.

5.2 The following details must be provided adjacent to telephones and intercom systems:

- telephone numbers for ambulance, fire, police, nurse or first aid officer and school front office

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- emergency evacuation plans
- after hours school telephone contact numbers.

5.3 Resuscitation equipment must be provided and located in a prominent position in the pool area.

6. POOL SECURITY

After using pools teachers must:

- check that all individuals have vacated all pool areas including all adjacent rooms
- disable automatic door operating devices with doors in the closed position
- disable the door latches in the latched position and lock the doors using keys.

7. STAFF TRAINING

Schools will provide staff training to enable staff to maintain the following essential qualifications:

- First Aid
- CPR processes and procedures
- pool hoist procedures where required.

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School Policy: Hydrotherapy Pools – School Use

ATTACHMENT A

POOL RULES FOR SCHOOLS

1. Before entering the pool observe normal hygiene practices by:
 - using the toilet
 - showering thoroughly (using soap/shampoo if necessary).
2. Disposable nappies should not be used in pools.
3. Place any soiled nappies in nappy bin provided (in toilet area).
4. Ensure incontinent students are wearing plastic pants under swimmers or wet suit pants before entering the water.
5. Students with open wounds, colds, sores, infections ie, urinary, skin, eyes or ear, gastrointestinal conditions, skin complaints ie, tinea, rashes including sensitivity or allergy to pool chemicals and recent exposure to radiotherapy must be excluded from the pool.
6. If a student **urinates** on tiles:
 - Use bucket, detergent and mop **THOROUGHLY**.
 - **DO NOT** mop any of this water into pool gutters.
 - **Rinse** and up-end mop to dry.
 - The bucket must be emptied in **TOILET/SLUICE**.
 - **MOP** area with dry mop.
7. If **faecal** matter is found in the pool:
 - Evacuate the pool.

If possible remove solid matter with cleaning device. Dispose of matter in toilet and **CLEAN** cleaning device **THOROUGHLY**.

Summon help if necessary.

Report incident to the school front office and executive staff and/or pool cleaning and maintenance company (see telephone contact immediately adjacent to the telephone).

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- Do not use the pool until it is cleaned by the pool cleaning and maintenance company.

8. Glass containers and food are not to be taken into the pool area.

9. SECURITY PROCEDURES

- The pool door must remain locked at all times.
- Report any problems immediately to the front office.
- Security pads (where installed) are for after hours use only.

10. EMERGENCY PROCEDURES:

During School Hours:

Contact the front office by using the intercom.

After Hours:

Use the Emergency telephone - Dial **0** then **000** for Ambulance, Police et

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ATTACHMENT B

USE OF HYDROTHERAPY POOL HOISTS

- Use of a hoist requires a minimum of two staff members.
- One staff member must have received instruction and be competent in the operation of the hoist.
- Transfers using a hoist are to be the shortest distance possible, ie wheel the person in his/her chair to the equipment they are to be transferred onto before lifting onto the hoist.
- Before performing a lift, staff members are to discuss/plan for the lift operation procedure.
- Before attempting to lift a person, always explain to him/her what you are going to do and why.
- When re-positioning a person into a waterchair, a minimum of two staff members are required.
- Before performing the re-positioning, the staff members are to discuss/plan for the re-positioning procedure.

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